

University of Nebraska - Lincoln

DigitalCommons@University of Nebraska - Lincoln

Nebraska 4-H Clubs: Historical Materials and Publications

4-H Youth Development

1950

Meats Advanced 4-H Foods Project : Extension Circular 9-26-2

Follow this and additional works at: <https://digitalcommons.unl.edu/a4hhistory>



Part of the [Service Learning Commons](#)

"Meats Advanced 4-H Foods Project : Extension Circular 9-26-2" (1950). *Nebraska 4-H Clubs: Historical Materials and Publications*. 206.

<https://digitalcommons.unl.edu/a4hhistory/206>

This Article is brought to you for free and open access by the 4-H Youth Development at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in Nebraska 4-H Clubs: Historical Materials and Publications by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.

MEATS

Advanced 4-H Foods Project

There is a lot more to a steer than a steak; more to a pork than ham, more to a lamb than chops. Take a look around the butcher shop and see for yourself. Do you know what the various cuts are: Do you know how to cook them?

Most people plan their meals around the main dish - meat. Meat is satisfying. You enjoy the flavor, and it "sticks to the ribs."

The way that meat should be cooked depends on how tender it is. Tender cuts may be cooked by dry heat methods - broiling, roasting, or frying. Less tender cuts should be cooked with some moisture as in stewing, braising and broiling. When you are boiling meat, such as stew, keep the water just below the boiling point. Meats taste better and are more tender when cooked slowly at low temperature.

Beef may be cooked rare, medium, or well done. Lamb is enjoyed either medium or well done, but veal and pork are cooked well done. Moderate to low heat is best for all meat cooking--for top of stove, oven or broiler.

Frozen meat is cooked the same way as fresh meat. It may be thawed before cooking or cooked without thawing first.

Suggestions for cooking various cuts of beef, pork and lamb are as follows:

Braised Short Ribs (Beef)

2 to 3 pounds beef short ribs
Salt, pepper, flour

Fat
1 cup water

Cut meat in serving pieces and sprinkle with salt, pepper, and flour.

Brown well on all sides in a little hot fat. Add water and cover closely.

Cook in oven at 350° F. (moderate) about 2 hours. Or cook slowly on top of stove.

Make gravy with the drippings. Four servings.

MENU SUGGESTION: Serve with noodles, panned cabbage, carrot and raisin salad, and chocolate souffle.



Braised Chops

Sprinkle chops with salt, pepper, and flour. Brown in a little fat in a fry pan. Cover and cook over low heat $1\frac{1}{2}$ to $3\frac{3}{4}$ hour.

Make gravy with the drippings, or pour the drippings over the chops on the platter.

MENU SUGGESTION: Serve with mashed potatoes or sweetpotatoes, Spanish snap beans, and fruit upside-down cake.

Barbecued Spareribs

| | |
|-----------------------------|--------------------------------|
| 4 pounds spareribs | 2 tablespoons Worcestershire |
| 1 cup sliced onion | sauce |
| 1 cup catsup or chili sauce | $1\frac{1}{2}$ cup vinegar |
| 1 cup water | $1\frac{1}{4}$ cup brown sugar |
| 2 teaspoons salt | 2 teaspoons dry mustard |

Cut spareribs in serving pieces, trimming off excess fat. Brown well in heavy skillet. Drain off fat. Combine other ingredients and pour over ribs. Cover. Bake in a moderate oven (350° F.) $1\frac{3}{4}$ hours. Baste sauce over ribs two or three times during cooking period. Bake uncovered 15 minutes. Six servings.

MENU SUGGESTION: Serve with beans or sauerkraut, a vegetable salad and fruit.

Stews in Variety

THERE'S NOTHING more tasty than a piping hot, perfectly cooked stew. The toughest and cheapest cuts of meat make excellent stews. Also, many small pieces of tender meat are just right for stewing.

Some stews are made on all meat, some are part meat and part vegetables. For 5 to 6 generous servings, 2 pounds of lean raw meat without bone makes a good all-meat stew. Browning the meat gives it richer flavor. For meat and vegetable stew, combine meat and vegetables in any desired proportion. Vegetables are at their best when cooked quickly, so do not add them until the meat is almost if not altogether tender.

Once a stew is made there are many simple attractive ways to serve it. For variety, try a savory stew in a border of riced potatoes, flaky rice, or with dumplings; as filling for hot biscuits in meat shortcake; scalloped with macaroni or spaghetti; or as meat pie under a lid of biscuits, pastry, or mashed potatoes.

MENU SUGGESTION: Serve with fruit salad.

Savory Brown Stew (Beef or Lamb)

For a stew, select beef neck, plate, brisket, flank, or shank; or lamb shoulder, neck, flank, or shank. Cut 2 pounds of lean raw meat into inch cubes and sprinkle with salt, pepper, and flour. Brown in 2 to 3 tablespoons of fat and add a sliced onion. Add water to cover, put a lid on partly, and cook slowly until the meat is tender. Lamb or veal will probably cook tender in $1\frac{1}{2}$ to 2 hours; beef may need $2\frac{1}{2}$ to

Savory Brown Stew (Continued)

3 hours. If the stew is not thick enough by the time the meat is tender, mix 1 to 2 tablespoons flour to a smooth paste with an equal quantity of cold water. To the paste add several spoonfuls of the stew, then stir the mixture into the rest of the stew and cook until smooth and thickened. Season to taste with salt and pepper, and add chopped parsley if available.

Ragout of Beef

2 pounds lean raw beef
Salt and pepper
Flour
Fat
1 onion, chopped

1 green pepper, chopped
1 cup chopped celery and leaves
2 tablespoons chopped parsley
Paprika

Cut the beef in inch cubes and sprinkle with salt, pepper, and flour. Brown well in 2 to 3 tablespoons of fat, and while browning add the onion, green pepper, celery, and parsley. Sprinkle with paprika, add water to cover, put on a lid, and cook slowly for $2\frac{1}{2}$ to 3 hours or until the meat is tender. If the stew is not thick enough, mix 1 to 2 tablespoons of flour to a smooth paste with an equal quantity of cold water. To the paste add several spoonfuls of the stew, then stir the mixture into the rest of the stew and cook until smooth and thickened. Season to taste with salt and pepper, adding, if desired, tomato catsup, or chili sauce, or grated horseradish.

Hungarian Goulash (Beef and Pork)

$\frac{1}{4}$ pound mild salt pork
 $\frac{3}{4}$ pound lean raw beef
 $\frac{3}{4}$ pound lean raw pork
Salt and pepper
Flour
1 onion, sliced

1 green pepper, sliced
1 bay leaf
Several whole cloves
3 potatoes, diced
3 carrots, diced

Dice the salt pork and fry until crisp. Cut the lean raw meat in inch cubes, sprinkle with salt, pepper, and flour, and brown in 2 to 3 tablespoons of the salt pork drippings. Add the onion and green pepper and cook for a few minutes. Add water to cover and the bay leaf and cloves, put on a lid, and cook slowly for 2 to 3 hours or until the meat is tender. Then add the diced potatoes and carrots, and cook until tender.

If the stew is not thick enough, mix 1 to 2 tablespoons of flour to a smooth paste with an equal quantity of cold water. To the paste add several spoonfuls of the stew, then stir the mixture into the rest of the stew and cook until smooth and thickened. Season to taste with salt and pepper.

